

SURVIVAL FOOD CHECKLIST

Prepping your way to food independence...

TRUEPREPPER

This list is organized by category, color-coded by importance, and linked to extensive reviews.

☐ Essential Items

☐ Suggested Gear

☐ Situation-Specific

Short-Term Stockpile

- ☐ Canned Food
- ☐ Energy Bars or Granola
- ☐ Peanut Butter
- ☐ Crackers, Chips, etc.
- ☐ Pasta
- ☐ Dried Fruits
- ☐ Nuts
- ☐ Powdered Milk
- ☐ Oatmeal or Cereal
- ☐ Jams and Jellies
- ☐ Condiments
- ☐ Baby Formula
- ☐ Pet Food

Long-Term Stockpile

- ☐ Freeze Dried Meal Kits
- ☐ Bulk Beans
- ☐ Bulk Rice
- ☐ Bulk Oats
- ☐ Bulk Wheat
- ☐ Bulk Corn
- ☐ Bulk Rice
- ☐ Salt
- ☐ Cooking Oils and Lard
- ☐ Bulk Sugar
- ☐ Honey
- ☐ Dehydrated Fruits & Veggies
- ☐ Freeze Dried Meat
- ☐ Freeze Dried Fruit
- ☐ Freeze Dried Vegetables
- ☐ Freeze Dried Dairy
- ☐ Survival Bread

Bug-Out Survival

- ☐ Survival Food Bars
- ☐ Beef Jerky
- ☐ Energy Bars
- ☐ Freeze-Dried Mobile Packs
- ☐ Nuts
- ☐ MREs
- ☐ Tuna Pouches

Hunting + Trapping

- ☐ Rifle
- ☐ Ammo
- ☐ Fishing Gear
- ☐ Bow and Arrows
- ☐ Snares
- ☐ Conibear Traps
- ☐ Hunting Knife
- ☐ Hunting Dog(s)

Foraging

- ☐ Edible Plant Guide
- ☐ Edible Fungus Guide
- ☐ Foraging Bag
- ☐ Nutcracker

Gardening

- ☐ Survival Seed Vault
- ☐ Tended Garden Beds
- ☐ Garden Tools
- ☐ Irrigation Plan
- ☐ Indoor Grow Lights
- ☐ Hydroponics
- ☐ Compost

Food Storage Tools

- ☐ Can Opener
- ☐ Food-Grade Buckets
- ☐ Mylar Bags
- ☐ Heavy-Duty Shelving
- ☐ Oxygen Absorbers
- ☐ Canning Equipment
- ☐ Freezer
- ☐ Dehydrator
- ☐ Vacuum Sealer
- ☐ Freeze-Dryer
- ☐ Impulse Heat Sealer

Homesteading

- ☐ Chickens
- ☐ Goats
- ☐ Rabbits
- ☐ Cows
- ☐ Fruit Trees
- ☐ Animal Feed
- ☐ Vet Supplies
- ☐ Fencing



For more information visit: <https://trueprepper.com/survival-food-list/>